

Norfolk Massage Therapy

Norfolk Massage Therapy - Visceral manipulation is a physical therapy that works via the internal visceral organs within the body such as the stomach, intestines, liver and heart, etc. After the initial evaluation of a person's body has finally been completed, the practitioner's hands are gently placed on these organs that are not quite moving with the rhythm of an individual's body which may bring about physiological problems. The objective of this therapy is to have natural mobility and motility, natural tissue motion of the tone and viscera. Our bodies require normal motion so as to be in good physical shape and function as it should. Whenever tissues become infected or inflamed, they are believed to lose normal motion.

Mobility is actually defined as the pushing and pulling of adjoining tissue. Visceral organs move in response to various external forces that can be either involuntary or voluntary. The functional impairment of the organ implies restriction.

The kinetic expression of the tissues in motion or the organs active, intrinsic motion is actually known as Motility. Inscribed within the visceral tissues are the embryologic axes and directions of those motions and they happen round a point of stability and moves toward the median axis of the body. This is called expir and inspir, and cycles between seven and eight cycles for each 1 minute. The aim of enhancing organ function and bringing back a much better physiological motion is obtained by way of utilizing certain techniques to treat parts of altered or lessened movement.